

**Comparision between TMF~ 16+TMF~21 combination and  
*Triphala* for the treatment of *Sweta Pradara***

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**OBJECTIVES:** This study was to compare the effect of Traditional Medicine Formula 16+ Traditional Medicine Formula 21 and *Triphala* on *Sweta Pradara*.

**MATERIALS & METHODS:** The study was carried out as a hospital based comparative study desin at Out Patient Department & In Patient Department in Mandalay Traditional Medicine Teaching Hospital during January 2012 to October 2012 to compare the effectiveness of TMF~ 16+ TMF~ 21 and *Triphala* on 32 *Sweta Pradara* patients. Symptoms of *Sweta Pradara* such as itching, foul oudour, pain suprapubic trea and burning sensation, stiffness, watery discharge, mild curry, palpitation were analysed in this study. The high vaginal swabs wewe taken from all patients and were sents to the Central Women Hospital laboratory for wet preparation, Gram~staining culture and sensitivity tests.

**RESULTS:** The effect of *Triphala* was as effective as TMS~16+TMF~21. It is statistically significant ("P" value 0.000) in perfect with both sings and symptoms, and bacterial count on *Sweta Pradara* patients during study period.

**CONCLUSION:** According to this study, TMF~16+TMF~21 and *Triphala* has equal effect on *Sweta Pradara*, adventages of *Sweta Pradara* wewe cost effective and easier available than TMF~16+TMF~21.